

Water Route

- 0.0 Begin at Iwo Jima. Run through Rosslyn across Key Bridge toward Georgetown.
- 1.0 Sharp RIGHT after bridge down to river side of C&O Canal. LEFT on C&O Towpath and QUICK RIGHT down steps to K St. LEFT on K St Eastbound toward the Washington Harbor. ZIGZAG RIGHT and LEFT to get onto the path fronting river (heading downstream)
- 1.8 Pass by left side of Thompson Boat Center and take a RIGHT at the Rock Creek Trail, heading by the Watergate and the Kennedy Center. Sing favorite Sondheim song aloud.
- 2.6 After running under the Roosevelt Bridge and past the half-circle, but before the hill up to the Lincoln Memorial, take a LEFT across the street and follow the path THROUGH the volleyball courts. While near the volleyball courts, watch out for bouncing objects.
- 4.0 After running under an overpass and under the Memorial Bridge, STAY to the right and follow the path between Ohio Drive roadway and the river (like the finishing of the Cherry Blossom 10 miler). Along Ohio Drive, see if you can spot the "Air Mail Rock."
- 5.8 Continue running past 14th Street Bridge and counter clockwise around Hains Point. At Hains Point, see "The Awakening" sculpture by J. Seward Johnson, Jr. Finish the Hains Point loop on the Washington channel side. Admire Fort McNair across the water.
- 7.8 Pass under some overpasses to arrive at the Tidal Basin. Turn RIGHT and circle the Tidal Basin counterclockwise. Try to get picture taken by tourists. And NO pushing!
- 9.2 After passing FDR, turn LEFT on East Basin Drive, cross the street, run ~100 yards and turn HARD RIGHT up the incline to the 14th Street Bridge back to Virginia.
- 9.7 At end of bridge Turn RIGHT and follow the Mount Vernon Trail along the river to Arlington Cemetery and return back to Iwo Jima via Arlington Cemetery route.
- 12.0 Drink Gatorade at Iwo Jima since sick of looking at water by this point.

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